Carb Gram Counter

Portion		Food item	Total Carbs (g	Fiber (g	Net Carbs (g	Fat (g)	Protein (g)	Calories
		CHEESES						
1.00	piece	American Cheese, 2/3 oz. slice	0.3	0	0.3	6.6	4.7	79
2.00	tbs	Blue Cheese, crumbled	0.4	0	0.4	4.8	3.6	60
2.00	tbs	Cheddar Cheese-Shredded	0.2	0	0.2	4.7	3.5	57
2.00	tbs	Cream Cheese	0.8	0	0.8	10.1	2.2	101
0.50	cup	Creamed Cottage Cheese-Small Curd	2.8	0	2.8	4.7	13.1	109
2.00	tbs	Feta Cheese, crumbled	0.8	0	0.8	4.0	2.7	49
2.00	tbs	Fontina Cheese-Shredded	0.2	0	0.2	4.2	3.5	53
2.00	tbs	Goat Cheese-Soft Type	0.3	0	0.3	6.5	5.7	82
1.00	oz-wt	Mascarpone Cheese	0.6	0	0.6	13.2	2.0	126
2.00	tbs	Monterey Jack Cheese-Shredded	0.1	0	0.1	4.3	3.5	53
2.00	tbs	Mozzarella Cheese-Whole Milk-Shredded	0.3	0	0.3	3.1	2.7	40
2.00	tbs	Muenster Cheese-Shredded	0.2	0	0.2	4.2	3.3	52
2.00	tbs	Parmesan Cheese-Shredded	0.3	0	0.3	2.7	3.8	42
1.00	oz-wt	Provolone Cheese-Diced	0.6	0	0.6	7.5	7.3	100
0.25	cup	Ricotta Cheese-Whole Milk	1.9	0	1.9	8.0	6.9	107
2.00	tbs	Swiss Cheese-Shredded	0.5	0	0.5	3.7	3.8	51
		MILK, CREAM & BUTTER						
1.00	tsp	Butter	0.0	0	0.0	3.8	0.0	34
1.00	cup	Buttermilk, 1% lowfat	13.0	0	13.0	2.5	9.0	110
2.00	tbs	Half and Half Cream	1.0	0	1.0	3.0	1.0	40
2.00	tbs	Heavy Whipping Cream	0.8	0	0.8	11.0	0.6	103
1.00	cup	Milk, 2%	11.7	0	11.7	4.7	8.1	121
1.00	cup	Milk, Whole	11.4	0	11.4	8.1	8.0	150
2.00	tbs	Sour Cream	1.2	0	1.2	6.0	0.9	62
1.00	tsp	Whipped Butter	0.0	0	0.0	2.6	0.0	23
1.00	cup	Yogurt, lowfat, plain	17.2	0	17.2	3.8	12.9	155
1.00	cup	Yogurt, whole milk, plain	11.4	0	11.4	8.0	8.5	150
		BEEF & VEAL						
6.00	oz-wt	Beef Brisket	0.0	0	0.0	43.2	41.8	569
6.00	oz-wt	Beef Chuck	0.0	0	0.0	31.6	50.1	498
6.00	oz-wt	Beef Eye Round	0.0	0	0.0	24.0	45.2	410
1.00	oz-wt	Beef Jerky	3.1	0.5	2.6	7.3	9.4	116
6.00	oz-wt	Beef Short Ribs	0.0	0	0.0	71.4	36.7	801
6.00	oz-wt	Beef Tenderloin	0.0	0	0.0	41.8	40.7	551
6.00	oz-wt	Beef, Ground, Chuck	0.0	0	0.0	44.0	38.9	562
6.00	oz-wt	Beef, Ground, Round	0.0	0	0.0	28.1	46.7	454
6.00	oz-wt	Calf Liver	10.4	0	10.4	9.9	40.5	304
6.00	oz-wt	Chuck Eye Steak	0.0	0	0.0	41.1	46.2	568
6.00	oz-wt	Corned Beef Brisket	0.3	0	0.3	33.8	33.3	449
6.00	oz-wt	Cubed steak	0.0	0	0.0	8.3	53.9	306
2.00	oz-wt	Frankfurter, Beef	1.1	0	1.1	16.6	7.2	185
6.00	oz-wt	Ground Veal	0.0	0	0.0	12.9	41.5	293
6.00	oz-wt	Meas Raw Boneless: Beef Steak-Shell-All-Lean-1/4"Trim-Brld	0.0	0	0.0	11.8	36.0	261
6.00	oz-wt	Prime Rib	0.0	0	0.0	56.4	36.9	667
6.00	oz-wt	Rib Eye Roast	0.0	0	0.0	37.8	42.4	522

6.00	oz-wt	Rib Eye Steak	0.0	0	0.0	19.9	47.7	383
6.00	oz-wt	Roast Beef, Deli	2.3	0	2.3	5.2	34.3	193
6.00	oz-wt	Shell Steak	0.0	0	0.0	21.3	64.9	469
6.00	oz-wt	Sirloin Steak	0.0	0	0.0	13.6	51.7	344
6.00	oz-wt	Skirt Steak	0.0	0	0.0	54.7	61.6	758
6.00	oz-wt	Top Loin	0.0	0	0.0	12.1	51.0	327
6.00	oz-wt	Top Sirloin	0.0	0	0.0	30.4	44.2	463
6.00	oz-wt	Veal Arm Shoulder	0.0	0	0.0	13.1	40.4	291
6.00	oz-wt	Veal Breast	0.0	0	0.0	33.5	39.6	472
6.00	oz-wt	Veal Cutlet	0.0	0	0.0	30.4	53.4	502
6.00	oz-wt	Veal Loin	0.0	0	0.0	30.4	53.4	502
6.00	oz-wt	Veal Rib Chop	0.0	0	0.0	22.2	38.0	362
6.00	oz-wt	Veal Round Steak	0.0	0	0.0	7.0	47.6	265
6.00	oz-wt	Veal Scallops	0.0	0	0.0	6.3	52.2	279
6.00	oz-wt	Veal Shank	0.0	0	0.0	7.9	43.4	256
6.00	oz-wt	Veal Stew Meat	0.0	0	0.0	13.4	40.2	292
		LAMB						
6.00	oz-wt	Ground Lamb	0.0	0	0.0	30.3	38.2	436
6.00	oz-wt	Lamb Rib Chops	0.0	0	0.0	50.3	37.6	614
6.00	oz-wt	Lamb Shoulder	0.0	0	0.0	12.6	46.2	312
6.00	oz-wt	Lamb Stew Meat	0.0	0	0.0	15.0	57.3	379
6.00	oz-wt	Leg of Lamb, bone in	0.0	0	0.0	8.2	30.0	203
6.00	oz-wt	Rack of Lamb, bone in	0.0	0	0.0	9.9	19.5	173
		POULTRY						
6.00	oz-wt	Chicken Breast Cutlet	0.0	0	0.0	12.7	48.7	322
6.00	oz-wt	Chicken Breast, boneless	0.0	0	0.0	12.7	48.7	322
1.00	each	Chicken leg	0.0	0	0.0	15.4	29.7	265
1.00	each	Chicken Thigh	0.0	0	0.0	9.6	15.5	153
6.00	oz-wt	Chicken Thigh, boneless	0.0	0	0.0	34.6	39.2	479
6.00	oz-wt	Chicken Thigh, skinless, boneless	0.0	0	0.0	8.9	44.6	270
1.00	each	Chicken Wing	0.0	0	0.0	6.6	9.1	99
6.00	oz-wt	Chicken, ground	0.0	0	0.0	22.5	40.2	374
6.00	oz-wt	Chicken, light and dark, roasted, chopped	0.0	0	0.0	12.6	49.2	323
6.00	oz-wt	Chicken, whole	0.1	0	0.1	14.7	29.8	260
2.00	oz-wt	Chicken/turkey sausage	0.3	0	0.3	6.4	9.6	97
6.00	oz-wt	Cornish Game Hen	0.0	0	0.0	26.1	31.9	372
6.00	oz-wt	Duck breast, skinless	0.0	0	0.0	9.6	45.0	279
6.00	oz-wt	Duck, whole	0.0	0	0.0	89.2	26.1	916
6.00	oz-wt	Goose, whole	0.0	0	0.0	23.6	27.1	329
6.00	oz-wt	Turkey breast cutlet	0.0	0	0.0	1.5	59.3	266
6.00	oz-wt	Turkey Breast, skinless, boneless	0.0	0	0.0	1.5	59.3	266
6.00	oz-wt	Turkey, ground	0.0	0	0.0	21.2	44.1	378
6.00	oz-wt	Turkey, whole	0.1	0	0.1	12.2	36.1	264
		PORK						
3.00	piece	Bacon	0.1	0	0.1	9.4	5.8	109
3.00	piece	Canadian Bacon	0.9	0	0.9	5.9	16.9	129
6.00	oz-wt	Ground Pork	0.0	0	0.0	33.4	41.4	478
6.00	oz-wt	Ham, boneless	0.0	0	0.0	15.3	38.5	303
2.00	oz-wt	Kielbasa	0.8	0	0.8	17.2	7.6	191
1.00	oz-wt	Pancetta	0.2	0	0.2	14.0	8.6	163
6.00	oz-wt	Pork Chop, center cut	0.0	0	0.0	9.7	34.9	237
2.00	oz-wt	Pork frankfurter	1.4	0	1.4	16.5	6.4	181
6.00	oz-wt	Pork Loin Chops	0.0	0	0.0	32.4	27.9	412
6.00	oz-wt	Pork Loin Roas	0.0	0	0.0	19.7	36.4	333
6.00	oz-wt	Pork loin, boneless	0.0	0	0.0	24.9	46.1	422
2.00	each	Pork Sausage	2.0	0	2.0	34.4	26.8	433
6.00	oz-wt	Pork Spareribs	0.0	0	0.0	51.5	49.4	675

6.00	oz-wt	Pork Tenderloin	0.0	0	0.0	8.2	47.9	279
6.00	oz-wt	Prosciutto	0.9	0	0.9	13.0	37.4	281
		LUNCH MEATS						
3.00	oz-wt	Beef Bologna	0.7	0	0.7	24.2	10.4	265
3.00	oz-wt	Beef Salami	2.4	0	2.4	17.6	12.8	223
3.00	oz-wt	BeefPastrami	2.6	0	2.6	24.8	14.7	297
3.00	oz-wt	Deli ham	1.5	0	1.5	2.3	13.7	91
3.00	oz-wt	Pork Bologna	0.6	0	0.6	16.9	13.0	210
3.00	oz-wt	Pork Salami	1.4	0	1.4	28.7	19.2	346
3.00	oz-wt	Turkey Bologna	0.8	0	0.8	12.9	11.7	169
3.00	oz-wt	Turkey Breast	0.0	0	0.0	6.0	21.3	162
3.00	oz-wt	Turkey Roll	0.5	0	0.5	6.1	15.9	125
		SEAFOOD						
1.00	oz-wt	Anchovies in Oil-Cnd-Drained	0.0	0	0.0	2.8	8.2	60
6.00	oz-wt	Bluefish	0.0	0	0.0	9.3	43.7	270
6.00	oz-wt	Catfish	0.0	0	0.0	17.2	35.3	306
6.00	oz-wt	Clams, canned	8.7	0	8.7	3.3	43.5	252
6.00	oz-wt	Cod	0.0	0	0.0	1.5	38.8	179
3.00	oz-wt	Cod, salted	0.0	0	0.0	2.0	53.4	247
6.00	oz-wt	Conch	26.4	0	26.4	1.4	81.1	468
6.00	oz-wt	Crab meat	0.0	0	0.0	3.0	34.4	174
6.00	oz-wt	Crab, canned	0.0	0	0.0	2.1	34.9	168
6.00	oz-wt	Crab, steamed	0.0	0	0.0	3.0	34.4	174
6.00	oz-wt	Halibut	0.0	0	0.0	5.2	47.2	249
6.00	oz-wt	Lobster meat	2.2	0	2.2	1.0	34.9	167
6.00	oz-wt	Lobster, whole	2.2	0	2.2	1.0	34.9	167
6.00	oz-wt	Mackerel	0.0	0	0.0	30.3	40.6	446
6.00	oz-wt	Mahi mahi	0.0	0	0.0	1.6	42.0	193
6.00	oz-wt	Mussels	8.4	0	8.4	5.1	27.0	195
6.00	oz-wt	Oysters	12.5	0	12.5	3.5	11.8	134
6.00	oz-wt	Salmon steak	0.0	0	0.0	24.6	45.1	415
6.00	oz-wt	Salmon, smoked	0.0	0	0.0	7.3	31.1	199
6.00	oz-wt	Scallops	3.9	0	3.9	5.4	27.7	182
6.00	oz-wt	Scrod	0.0	0	0.0	1.5	38.8	179
6.00	oz-wt	Shrimp	0.0	0	0.0	1.8	35.6	168
6.00	oz-wt	Smoked fish	0.0	0	0.0	34.3	30.0	437
6.00	oz-wt	Snapper	0.0	0	0.0	3.0	46.5	227
6.00	oz-wt	Squid	7.0	0	7.0	3.1	35.3	209
6.00	oz-wt	Trout	0.0	0	0.0	12.2	41.3	287
6.00	oz-wt	Tuna filet	0.0	0	0.0	2.2	53.0	245
6.00	oz-wt	Tuna steak	0.0	0	0.0	2.2	53.0	245
6.00	oz-wt	Tuna, canned, oil packed	0.0	0	0.0	14.0	49.6	337
6.00	oz-wt	Tuna, canned, water packed	0.0	0	0.0	1.4	43.4	197
		EGGS						
1.00	each	Egg White	0.3	0	0.3	0.0	3.5	17
1.00	each	Egg Yolk	0.3	0	0.3	5.1	2.8	59
1.00	each	Egg, whole	0.6	0	0.6	5.3	6.3	78
		FATS, OILS & DRESSINGS						
1.00	tsp	Corn Oil	0.0	0	0.0	4.5	0.0	40
1.00	tsp	Mayonnaise	0.1	0	0.1	3.7	0.1	33
1.00	tsp	Olive Oil	0.0	0	0.0	4.5	0.0	40
2.00	tbs	Salad Dressing, blue cheese	2.3	0	2.3	16.0	1.5	154
2.00	tbs	Salad Dressing, caesar	0.6	0.1	0.5	10.5	2.8	107
2.00	tbs	Salad Dressing, Italian	3.0	0	3.0	14.2	0.2	137
2.00	tbs	Salad Dressing, ranch	1.4	0	1.4	11.3	0.9	109
2.00	tbs	Salad Dressing, thousand island	4.8	0	4.8	11.2	0.3	118
1.00	tsp	Sesame Oil	0.0	0	0.0	4.5	0.0	40

		TOFU						
8.00	fl oz	Soy Milk	4.4	3.2	1.2	4.7	6.7	81
4.00	oz-wt	Tofu, firm	4.9	2.6	2.2	9.9	17.9	164
4.00	oz-wt	Tofu, silken	3.3	0.1	3.2	3.1	5.4	62
		BEANS						
0.50	cup	Baby Lima Beans	21.2	7.0	14.2	0.3	7.3	115
0.50	cup	Black Beans	20.4	7.5	12.9	0.5	7.6	114
0.50	cup	Blackeyed Peas	17.9	5.6	12.3	0.5	6.6	100
0.50	cup	CA Red Kidney Beans	19.8	8.2	11.6	0.1	8.1	110
0.50	cup	Chickpea/Garbanzo Beans	22.5	6.2	16.2	2.1	7.3	134
0.50	cup	Great Northern Beans	18.7	6.2	12.5	0.4	7.4	104
2.00	tbs	Hummos/Hummus	6.2	1.6	4.6	2.6	1.5	53
0.50	cup	Lentils	19.9	7.8	12.1	0.4	8.9	115
0.50	cup	Navy Beans	23.9	5.8	18.1	0.5	7.9	129
0.50	cup	Pink Beans	23.6	4.5	19.1	0.4	7.7	126
0.50	cup	Pinto Beans	18.0	7.0	11.0	1.0	7.0	110
0.50	cup	Soybeans	9.9	3.8	6.2	5.8	11.1	127
		NUTS & SEEDS						
2.00	tbs	Almond Butter	6.8	1.2	5.6	18.9	4.8	203
2.00	tbs	Almonds, slivered	3.3	1.6	1.7	8.6	3.5	102
2.00	tbs	Almonds, whole	3.6	2.2	1.4	8.9	3.7	106
6.00	each	Chestnuts, roasted	26.7	2.6	24.2	1.1	1.6	124
2.00	tbs	Hazelnuts, Chopped	2.4	1.4	1.0	8.7	2.1	90
2.00	tbs	Hazelnuts, Whole	2.8	1.6	1.2	10.3	2.5	106
2.00	tbs	Macadamia Nuts	2.3	1.4	0.9	12.7	1.3	120
2.00	tbs	Peanut Butter, natural	6.9	2.1	4.8	15.9	7.7	187
2.00	tbs	Peanut Butter, regular	6.2	1.9	4.3	16.3	8.1	190
2.00	tbs	Peanuts	3.4	1.7	1.8	8.9	4.7	105
2.00	tbs	Pecans, chopped	2.1	1.4	0.6	10.7	1.4	103
2.00	tbs	Pine Nuts	2.4	0.8	1.7	8.6	4.1	96
2.00	tbs	Pistachio Nuts	4.7	1.6	3.1	6.9	3.3	88
2.00	tbs	Pumpkin Seeds	3.1	0.7	2.4	7.9	4.2	93
2.00	tbs	Sunflower Seeds	3.4	1.9	1.5	8.9	4.1	103
2.00	tbs	Walnuts, chopped	2.1	1.0	1.1	9.8	2.3	98
2.00	tbs	Walnuts, halves	1.7	0.8	0.9	8.2	1.9	82
		BAKING PRODUCTS						
2.00	tbs	All Purpose White Flour	11.9	0.4	11.5	0.2	1.6	57
1.00	tsp	Atkins Thicken/Thin	1.5	1.5	0.0	0.0	0.1	6
1.00	oz-wt	Baking Chocolate,unsweetened	8.0	4.4	3.7	15.7	2.9	148
0.50	tsp	Baking Powder	0.6	0.0	0.6	0.0	0.0	1
0.50	tsp	Baking Soda	0.0	0.0	0.0	0.0	0.0	0
2.00	tbs	Chocolate Chips, semisweet	13.3	1.2	12.0	6.3	0.9	101
0.50	tsp	Cinnamon	0.9	0.6	0.3	0.0	0.0	3
0.50	tsp	Cocoa Powder, unsweetened	0.5	0.3	0.2	0.1	0.2	3
2.00	tbs	Coconut Milk-Canned	0.8	0.3	0.5	6.0	0.6	56
2.00	tbs	Coconut, dried, unsweetened	2.4	1.6	0.8	6.3	0.7	64
2.00	tbs	Cornmeal	13.4	1.3	12.1	0.3	1.5	63
1.00	each	Gelatin, unsweetened	0.0	0.0	0.0	0.0	6.0	23
1.00	tsp	Ghee	0.0	0.0	0.0	4.2	0.0	37
1.00	tsp	Margarine	0.0	0.0	0.0	3.8	0.0	34
1.00	tbs	Molasses	12.5	0.0	12.5	0.0	0.0	48
1.00	tsp	Sugar, brown	4.5	0.0	4.5	0.0	0.0	17
1.00	tsp	Sugar, white	4.2	0.0	4.2	0.0	0.0	16
		GRAINS						
0.50	cup	Bulgur Wheat-Cooked	16.9	4.1	12.8	0.2	2.8	76
2.00	tbs	Cornmeal	11.7	1.1	10.6	0.5	1.2	55
0.50	cup	Couscous-Cooked	18.2	1.1	17.1	0.1	3.0	88
0.50	cup	Hominy-Cooked	11.8	2.1	9.7	0.7	1.2	59

0.50	cup	Kasha-Cooked	74.3	9.4	64.8	2.7	11.6	343
0.50	cup	Millet-Cooked	28.4	1.6	26.8	1.2	4.2	143
2.00	tbs	Oat Bran-Dry	7.8	1.8	6.0	0.8	2.0	29
0.50	cup	Pearled Barley-Cooked	22.2	3.0	19.2	0.3	1.8	97
0.25	cup	Quinoa Grain-Dry	29.3	2.5	26.8	2.5	5.6	159
0.50	cup	Rice, brown, cooked	22.4	1.8	20.6	0.9	2.5	108
0.50	cup	Rice, white, cooked	22.3	0.3	21.9	0.2	2.1	103
0.50	cup	Rice, wild, cooked	17.5	1.5	16.0	0.3	3.3	83
2.00	tbs	Wheat Germ-Toasted	7.0	1.8	5.2	1.5	4.1	54
		CEREALS						
1.00	cup	Corn Flakes	24.2	0.8	23.4	0.2	1.8	102
0.50	cup	Cream of Rice Cereal-Cooked	13.9	0.1	13.8	0.1	1.1	63
0.50	cup	Cream of Wheat -Cooked	15.8	1.4	14.3	0.2	2.2	77
0.50	cup	Oatmeal-Cooked	12.6	2.0	10.6	1.2	3.0	73
1.00	cup	Puffed Wheat Cereal	11.1	0.6	10.5	0.2	2.1	51
1.00	cup	Raisin Bran	47.1	8.2	38.9	1.5	5.6	186
1.00	cup	Rice Krispies	22.8	0.3	22.5	0.3	1.7	100
		PASTA						
0.50	cup	Noodles, egg, cooked	19.9	0.9	19.0	1.2	3.8	106
0.50	cup	Pasta, spinach, cooked	18.3	2.5	15.9	0.4	3.2	91
0.50	cup	Pasta, whole wheat, cooked	18.6	2.0	16.6	0.4	3.7	87
0.50	cup	Pasta/Noodles, dry, cooked	19.8	1.2	18.6	0.5	3.3	99
4.00	oz-wt	Pasta/Noodles, fresh, cooked	28.3	2.0	26.3	1.2	5.8	149
		BREADS, ROLLS & CRACKERS						
1.00	each	Bagel, 2 1/2 oz	38.0	1.7	36.3	1.1	7.5	195
1.00	each	Biscuit, 2 oz	27.6	1.0	26.6	6.9	4.2	191
1.00	each	Blueberry Muffin, 2 oz	27.4	1.5	25.9	3.7	3.1	158
1.00	each	Bran Muffin, 2 oz	23.8	4.0	19.8	7.3	4.0	164
1.00	each	Breadsticks, sesame, small	2.2	0.1	2.1	0.5	0.4	15
1.00	each	Corn Muffin, 2 oz	29.0	1.9	27.1	4.8	3.4	174
1.00	piece	Cornbread 2.5 x 2.5 x 1.5 pce	22.7	1.9	20.7	4.9	4.0	152
5.00	each	Crackers, butter-type	51.4	1.5	49.8	18.3	5.8	393
5.00	each	Crackers, rye wafers	44.2	12.6	31.6	0.5	5.3	184
5.00	each	Crackers, saltines	10.7	0.5	10.3	1.8	1.4	65
5.00	each	Crackers, water	10.0	0.6	9.4	0.0	1.3	44
1.00	each	Croissant	27.0	0.0	27.0	17.0	4.0	270
1.00	each	English Muffin	26.0	1.5	24.5	1.0	4.4	133
1.00	each	Hard White Roll	30.0	1.3	28.7	2.5	5.6	167
1.00	piece	Italian Bread	15.0	0.8	14.2	1.1	2.6	81
1.00	each	Pita Pocket Bread, 6 1/2"diameter	33.4	1.3	32.1	0.7	5.5	165
1.00	each	Popover	10.4	0.3	10.1	1.5	2.6	67
1.00	piece	Pumpernickel Bread	12.4	1.7	10.7	0.8	2.3	65
1.00	piece	Raisin Bread	13.6	1.1	12.5	1.1	2.1	71
1.00	piece	Rye Bread	15.5	1.9	13.6	1.1	2.7	83
1.00	each	Soft Hoagie Roll	32.0	2.0	30.0	4.5	7.0	200
1.00	piece	Sourdough Bread	13.0	0.8	12.2	0.8	2.2	69
1.00	each	Tortilla, corn	12.1	1.4	10.8	0.7	1.5	58
1.00	each	Tortillas, flour, 8"	25.3	0.0	25.3	3.1	4.4	146
1.00	piece	Wheat Bread	11.8	1.1	10.7	1.0	2.3	65
1.00	piece	White Bread	14.9	0.7	14.2	1.1	2.5	80
1.00	piece	Whole grain bread	11.8	1.1	10.7	1.0	2.3	65
		PANCAKES, WAFFLES & FRENCH TOAST						
1.00	piece	French Toast-Frozen	18.9	0.7	18.3	3.6	4.4	126
1.00	each	Pancakes-Frozen-Ready To Eat-6 inch	31.8	1.3	30.5	2.4	3.8	167
1.00	each	Pancakes-Homemade 6"	21.8	1.1	20.7	7.5	4.9	175

1.00	each	Waffles-Frozen-4" square	13.5	0.8	12.7	2.7	2.1	88
1.00	each	Waffles-Homemade-7" diam	24.7	1.1	23.6	10.6	5.9	218
		GRAVIES & SAUCES						
2.00	tbs	Barbecue Sauce	4.0	0.4	3.6	0.6	0.6	23
0.25	cup	Gravy, au jus	1.5	0.0	1.5	0.1	0.7	10
0.25	cup	Gravy, canned (chicken, beef, turkey, etc)	3.2	0.2	3.0	3.4	1.1	47
2.00	tbs	Hollandaise Sauce	0.3	0.0	0.3	9.1	1.0	85
0.25	cup	Spaghetti/Marinara Sauce	5.1	1.0	4.1	1.3	0.9	36
0.25	cup	Sweet & Sour Sauce	15.1	0.1	15.1	0.0	0.2	59
2.00	tbs	Tartar Sauce	1.2	0.1	1.1	16.4	0.4	149
2.00	tbs	Teriyaki Sauce	5.7	0.0	5.7	0.0	2.1	30
0.25	cup	Tomato Sauce	4.4	0.9	3.5	0.1	0.8	18
		ALCOHOL						
12.00	fl oz	Beer	13.2	0.7	12.5	0.0	1.1	146
1.00	fl oz	Bourbon-80 Proof	0.0	0.0	0.0	0.0	0.0	64
1.00	oz-wt	Brandy-86 Proof	0.0	0.0	0.0	0.0	0.0	71
1.00	oz-wt	Brandy-86 Proof	0.0	0.0	0.0	0.0	0.0	71
1.00	oz-wt	Gin-80 Proof	0.0	0.0	0.0	0.0	0.0	65
4.00	fl oz	Medium White Wine	0.9	0.0	0.9	0.0	0.1	80
4.00	fl oz	Red Wine	2.0	0.0	2.0	0.0	0.2	85
1.00	oz-wt	Rum-80 Proof	0.0	0.0	0.0	0.0	0.0	65
1.00	oz-wt	Tequila-80 Proof	0.0	0.0	0.0	0.0	0.0	65
1.00	oz-wt	Triple Sec Liqueur-1 Shot	12.5	0.0	12.5	0.1	0.0	100
1.00	oz-wt	Vodka-80 Proof	0.0	0.0	0.0	0.0	0.0	65
1.00	oz-wt	Whiskey-80 Proof	0.0	0.0	0.0	0.0	0.0	65
		MISC.						
1.00	each	Atkins-Low Carb Tortilla	12.0	9.0	3.0	2.0	5.0	60
2.00	tbs	Chicken Liver Pate-Canned	1.7	0.0	1.7	3.4	3.5	52
		DESSERTS & PASTRIES						
1.00	piece	Cake, angelfood, 1/12 cake	29.4	0.1	29.2	0.2	3.1	129
1.00	piece	Cake, chocolate layer, 3 oz slice	38.0	2.0	36.0	16.0	2.0	300
1.00	piece	Cake, coffeecake, 2 oz slice	29.6	0.7	28.9	5.4	3.1	178
1.00	piece	Cake, pound cake, 1 oz slice	13.8	0.1	13.7	5.6	1.6	110
1.00	oz-wt	Chocolate, dark	17.9	1.7	16.2	8.5	1.2	136
1.00	oz-wt	Chocolate, milk	16.8	1.0	15.8	8.7	2.0	145
1.00	each	Cookie, chocolate chip, 1/2 oz	10.3	0.2	10.0	4.1	0.9	79
1.00	each	Cookie, oatmeal, 1/2 oz	12.4	0.5	11.9	3.3	1.1	81
1.00	each	Cookie, peanut butter, 2/3 oz	11.8	0.4	11.4	4.8	1.8	95
1.00	each	Cookie, sugar, 1/2 oz	10.2	0.1	10.1	3.2	0.8	72
1.00	each	Doughnut, glazed	26.6	0.7	25.9	13.7	3.8	242
1.00	each	Doughnut, plain	19.0	1.0	18.0	11.0	3.0	180
0.50	cup	Ice cream, chocolate	18.6	0.8	17.8	7.3	2.5	143
0.50	cup	Ice cream, fruit	18.2	0.2	18.0	5.5	2.1	127
0.50	cup	Ice cream, vanilla	15.6	0.0	15.6	7.3	2.3	133
1.00	piece	Pie, apple, 1/8 of 9" pie	57.5	2.2	55.3	19.4	3.7	411
1.00	piece	Pie, cherry, 1/8 of 9" pie	69.3	2.7	66.6	22.0	5.0	486
1.00	piece	Pie, lemon meringue, 1/6 of 8" pie	53.3	1.4	52.0	9.8	1.7	303
1.00	piece	Pie, pecan, 1/8 of 9" pie	63.7	6.1	57.6	27.1	6.0	503
1.00	piece	Pie, pumpkin, 1/8 of 9" pie	40.9	4.2	36.7	14.4	7.0	316
		SNACKS						
10.00	piece	Potato Chips	10.6	0.9	9.7	6.9	1.4	107
10.00	piece	Pretzels	47.5	1.9	45.6	2.1	5.5	229
0.50	oz-wt	Soy Nuts	4.5	2.5	2.0	2.0	6.0	60
10.00	piece	Tortilla Chips	11.3	1.2	10.2	4.7	1.3	90

		SOUPS						
1.00	cup	Broth, beef	1.0	0.0	1.0	1.4	4.8	38
1.00	cup	Broth, chicken	1.5	0.0	1.5	1.5	3.1	31
1.00	cup	Soup, black bean	19.8	4.4	15.4	1.5	5.6	116
1.00	cup	Soup, chicken noodle	9.4	0.7	8.6	2.5	4.0	75
1.00	cup	Soup, cream of potato	17.2	0.5	16.7	6.4	5.8	149
1.00	cup	Soup, cream of tomato	22.3	2.7	19.6	6.0	6.1	161
1.00	cup	Soup, minestrone	11.2	1.0	10.3	2.5	4.3	82
1.00	cup	Soup, New England clam chowder	16.6	1.5	15.1	6.6	9.5	164
1.00	cup	Soup, onion	8.2	1.0	7.2	1.7	3.8	58
1.00	cup	Soup, vegetable	19.0	1.2	17.8	3.7	3.5	122
		CONDIMENTS						
1.00	tsp	Atkins low carb jam	0.3	0.0	0.3	0.0	0.0	3
1.00	tbs	Balsamic Vinegar	2.3	0.0	2.3	0.0	0.1	10
1.00	tbs	Capers	0.4	0.3	0.1	0.1	0.2	2
1.00	tsp	Chili Powder	1.4	0.9	0.5	0.4	0.3	8
1.00	tbs	Cider Vinegar	0.9	0.0	0.9	0.0	0.0	2
2.00	tbs	Cranberry Sauce	13.5	0.3	13.1	0.1	0.1	52
1.00	tsp	Cumin	0.8	0.7	0.1	0.5	0.4	9
1.00	tsp	Dijon Mustard	0.6	0.1	0.5	0.5	0.3	6
1.00	each	Dill Pickle	2.7	0.8	1.9	0.1	0.4	12
1.00	tsp	Fish Sauce	0.2	0.0	0.2	0.0	0.3	2
1.00	each	Garlic	1.0	0.1	0.9	0.0	0.2	4
1.00	tbs	Ginger, Root Slices	0.9	0.1	0.8	0.0	0.1	4
1.00	tsp	Honey	5.8	0.0	5.8	0.0	0.0	21
1.00	tsp	Horseradish-Prepared	0.6	0.2	0.4	0.0	0.1	2
1.00	tsp	Jam	4.6	0.1	4.5	0.0	0.0	19
1.00	tsp	Jelly	4.5	0.1	4.4	0.0	0.0	18
1.00	tbs	Ketchup/Catsup	4.2	0.2	4.0	0.1	0.2	16
1.00	tbs	Maple Syrup	13.4	0.0	13.4	0.0	0.0	52
1.00	tbs	Miso Paste	3.0	0.4	2.6	0.8	1.9	27
5.00	each	Olives, black	1.4	0.7	0.7	2.3	0.2	25
5.00	each	Olives, green	2.5	0.0	2.5	5.0	0.0	50
1.00	tbs	Pesto Sauce	1.0	0.4	0.6	7.1	2.8	78
1.00	tbs	Pickle Relish	5.4	0.2	5.2	0.1	0.1	20
1.00	tsp	Preserves	4.6	0.1	4.5	0.0	0.0	19
1.00	tbs	Red Wine Vinegar	0.0	0.0	0.0	0.0	0.0	0
1.00	tbs	Rice Vinegar, seasoned	3.0	0.0	3.0	0.0	0.0	12
1.00	tbs	Salsa, green	0.6	0.1	0.6	0.0	0.2	4
1.00	tbs	Salsa, red	0.8	0.1	0.7	0.0	0.1	4
1.00	tbs	Sherry vinegar	0.9	0.0	0.9	0.0	0.0	2
1.00	tbs	Soy sauce	1.0	0.1	0.9	0.0	1.9	11
1.00	tbs	Soy Sauce-Low Sodium	1.4	0.1	1.2	0.0	0.8	8
1.00	tbs	Tahini	3.2	0.7	2.5	8.0	2.6	89
1.00	tbs	White Wine Vinegar	1.5	0.0	1.5	0.0	0.0	5
1.00	tsp	Worcestershire Sauce	0.9	0.0	0.9	0.0	0.0	4
		HERBS						
1.00	tbs	Basil, fresh	0.1	0.1	0.0	0.0	0.1	1
1.00	tbs	Chives, fresh	0.1	0.1	0.1	0.0	0.1	1
1.00	tbs	Cilantro (Chinese Parsley)	0.1	0.1	0.0	0.0	0.1	1
1.00	tbs	Dill, fresh	0.0	0.0	0.0	0.0	0.0	0
1.00	tbs	Parsley, fresh	0.2	0.1	0.1	0.0	0.1	1
		FRUIT & FRUIT JUICES						
1.00	each	Apple, medium	21.0	3.7	17.3	0.5	0.3	81
0.25	cup	Applesauce	6.9	0.7	6.2	0.0	0.1	26
0.25	cup	Apricots, dried	24.9	3.6	21.3	0.2	1.5	96
1.00	each	Apricots, fresh	3.9	0.8	3.1	0.1	0.5	17
1.00	each	Avocado	14.9	10.1	4.8	30.8	4.0	324

1.00	each	Banana, small	23.7	2.4	21.2	0.5	1.0	93
0.25	cup	Blackberries	4.6	1.9	2.7	0.1	0.3	19
0.25	cup	Blueberries	5.1	1.0	4.1	0.1	0.2	20
0.25	cup	Cantaloupe	3.3	0.3	3.0	0.1	0.4	14
0.25	cup	Cherries	4.8	0.7	4.2	0.3	0.4	21
0.25	cup	Cranberries, raw	3.0	1.0	2.0	0.0	0.1	12
0.25	cup	Currants, dried	26.7	2.4	24.2	0.1	1.5	102
0.25	cup	Dates, chopped	32.7	3.3	29.4	0.2	0.9	122
0.25	cup	Figs, dried	32.5	5.8	26.7	0.6	1.5	127
1.00	each	Figs, fresh	9.6	1.7	7.9	0.2	0.4	37
0.50	each	Grapefruit Juice-Canned-Unsweetened-Cup	9.2	1.4	7.9	0.1	0.7	37
0.25	cup	Grapes	7.1	0.4	6.7	0.2	0.3	28
0.25	cup	Honeydew Melon	3.9	0.3	3.6	0.0	0.2	15
0.50	cup	Juice, apple	14.5	0.1	14.4	0.1	0.1	58
0.50	cup	Juice, cranberry	18.2	0.1	18.1	0.1	0.0	72
0.50	cup	Juice, grape	18.9	0.1	18.8	0.1	0.7	77
0.50	cup	Juice, grapefruit	11.1	0.1	10.9	0.1	0.6	47
1.00	tbs	Juice, lemon	1.3	0.1	1.3	0.0	0.1	4
1.00	tbs	Juice, lime	1.4	0.1	1.3	0.0	0.1	4
0.50	cup	Juice, orange	13.4	0.2	13.2	0.1	0.8	56
0.50	cup	Juice, tomato	5.1	0.5	4.7	0.1	0.9	21
1.00	each	Kiwifruit	11.3	2.6	8.7	0.3	0.8	46
0.25	cup	Mango	7.0	0.7	6.3	0.1	0.2	27
1.00	each	Nectarine	16.0	2.2	13.8	0.6	1.3	67
1.00	each	Orange	16.3	3.4	12.9	0.1	1.4	64
0.25	cup	Papaya	3.4	0.6	2.8	0.0	0.2	14
1.00	each	Peach, medium	10.9	2.0	8.9	0.1	0.7	42
1.00	each	Pear, medium	25.1	4.0	21.1	0.7	0.6	98
0.25	cup	Pineapple	4.8	0.5	4.3	0.2	0.2	19
1.00	each	Plums	8.6	1.0	7.6	0.4	0.5	36
0.25	cup	Prunes	26.7	3.0	23.6	0.2	1.1	102
0.25	cup	Raspberries	3.6	2.1	1.5	0.2	0.3	15
0.25	cup	Seedless Raisins	32.6	1.7	31.0	0.2	1.3	124
0.25	cup	Strawberries	2.7	0.9	1.8	0.1	0.2	11
1.00	each	Tangerine	7.8	1.6	6.2	0.1	0.4	31
0.25	cup	Watermelon	2.8	0.2	2.6	0.2	0.2	12
		VEGETABLES						
1.00	each	Artichoke	13.4	6.5	6.9	0.2	4.2	60
1.00	each	Artichoke hearts, marinated	1.0	0.0	1.0	2.5	0.0	25
6.00	each	Asparagus spears	3.8	1.4	2.4	0.3	2.3	22
0.50	cup	Beans, green	4.9	2.0	2.9	0.2	1.2	22
1.00	cup	Bok Choi	1.5	0.7	0.8	0.1	1.1	9
0.50	cup	Broccoflower	3.1	1.6	1.5	0.2	1.5	16
0.50	cup	Broccoli	3.9	2.3	1.7	0.3	2.3	22
0.50	cup	Broccoli rabe	2.0	0.0	2.0	0.0	1.3	10
6.00	each	Brussels sprouts	10.9	3.3	7.6	0.6	3.2	49
0.50	cup	Cabbage, green	1.9	0.8	1.1	0.1	0.4	8
0.50	cup	Cabbage, red	1.9	0.8	1.1	0.1	0.5	9
0.50	cup	Cabbage, sauerkraut	5.1	3.0	2.1	0.2	1.1	22
0.50	cup	Cabbage, savoy	2.1	1.1	1.1	0.0	0.7	9
1.00	each	Carrots, medium	7.3	2.2	5.1	0.1	0.7	31
6.00	each	Cauliflower	4.4	2.9	1.5	0.5	2.0	25
1.00	each	Celery stalk	1.5	0.7	0.8	0.1	0.3	6
1.00	tbs	Celery, chopped	0.3	0.1	0.1	0.0	0.1	1
1.00	each	Chili Pepper	0.0	0.0	0.0	0.0	0.0	20
1.00	tbs	Chilies, green, chopped	0.5	0.5	0.0	0.0	0.0	3
4.00	oz-wt	Collards	7.3	4.1	3.2	0.4	3.1	37
0.50	cup	Corn	16.0	2.0	14.1	0.4	2.3	66
1.00	each	Cucumber, English	4.0	1.1	2.8	0.3	0.9	19
0.50	each	Cucumber, small	2.5	0.7	1.8	0.2	0.6	12
0.50	cup	Daikon	1.8	0.7	1.1	0.0	0.3	8

0.50	cup	Eggplant	3.3	1.2	2.0	0.1	0.4	14
0.50	cup	Eggplant, Italian	3.3	1.2	2.0	0.1	0.4	14
0.50	cup	Endive	1.8	1.4	0.4	0.0	0.4	8
0.50	cup	Escarole	0.8	0.8	0.1	0.1	0.3	4
0.50	cup	Fenned	3.2	1.3	1.8	0.1	0.5	13
1.00	cup	Greens, mixed	1.6	1.2	0.4	0.1	0.9	9
0.50	cup	Jicama	5.7	3.2	2.5	0.1	0.5	25
0.50	cup	Kale	3.7	1.3	2.4	0.3	1.2	18
1.00	each	Leeks	12.6	1.6	11.0	0.3	1.3	54
1.00	cup	Lettuce, butterhead	1.3	0.6	0.7	0.1	0.7	7
1.00	cup	Lettuce, romaine	1.3	1.0	0.4	0.1	0.9	8
0.50	cup	Mushroom, potobello	1.4	0.4	1.0	0.1	1.0	9
2.00	tbs	Mushrooms, dried	8.9	2.9	6.0	0.7	5.6	64
0.50	cup	Mushrooms, fresh	1.4	0.4	1.0	0.1	1.0	9
4.00	oz-wt	Okra	7.5	2.5	5.0	0.3	1.9	34
1.00	each	Onions	9.5	2.0	7.5	0.2	1.3	42
0.25	cup	Onions, green	1.8	0.7	1.2	0.0	0.5	8
0.50	cup	Peas, edible podded	5.6	2.2	3.4	0.2	2.6	34
0.50	cup	Peas, green	9.9	3.4	6.5	0.3	3.8	55
0.50	cup	Pepper, green	4.8	1.3	3.4	0.1	0.7	20
0.50	cup	Pepper, red	4.8	1.5	3.3	0.1	0.7	20
1.00	each	Peppers, jalapeno	0.8	0.4	0.4	0.1	0.2	4
0.50	each	Peppers, roasted	2.4	0.4	2.0	0.1	0.3	10
1.00	each	Potato, sweet	22.4	3.1	19.2	0.1	1.8	95
0.50	cup	Potato, white	15.4	1.5	13.9	0.1	1.4	66
0.50	cup	Pumpkin	9.9	3.6	6.3	0.3	1.3	42
0.50	cup	Radicchio	0.9	0.2	0.7	0.1	0.3	5
6.00	each	Radishes	1.0	0.4	0.5	0.1	0.2	5
0.50	cup	Rhubarb	2.8	1.1	1.7	0.1	0.5	13
0.25	cup	Shallots	6.7	0.3	6.4	0.0	1.0	29
1.00	cup	Spinach, raw	1.1	0.8	0.2	0.1	0.9	7
0.50	cup	Squash, acorn	14.9	4.5	10.4	0.1	1.1	57
0.50	cup	Squash, butternut	10.8	2.9	7.9	0.1	0.9	41
0.50	cup	Squash, spaghetti	5.0	1.1	3.9	0.2	0.5	21
0.50	cup	Squash, summer	2.5	1.1	1.4	0.1	0.7	11
1.00	each	Squash, zucchini	5.7	2.4	3.3	0.3	2.3	27
0.50	cup	Swiss chard	0.7	0.3	0.4	0.0	0.3	3
1.00	each	Tomatillos	2.0	0.6	1.3	0.3	0.3	11
1.00	each	Tomato, plum	4.2	1.0	3.2	0.3	0.8	19
1.00	each	Tomato, small	4.2	1.0	3.2	0.3	0.8	19
0.50	cup	Tomatoes, canned	5.2	1.2	4.0	0.2	1.1	23
6.00	each	Tomatoes, cherry	4.7	1.1	3.6	0.3	0.9	21
0.50	cup	Tomatoes, chopped	3.5	0.8	2.6	0.2	0.6	16
0.25	cup	Tomatoes, sun dried, oil-packed	6.4	1.6	4.8	3.9	1.4	59
0.50	cup	Turnips	3.8	1.6	2.3	0.1	0.6	16
0.50	cup	Waterchestnuts	8.7	1.8	7.0	0.0	0.6	35
0.50	cup	Watercress	0.2	0.2	0.0	0.0	0.4	2